

10/14 downtown bingo & talked w/ Danielle

10/15 Ate 2 sourdough slices @ 5:30 a.m.

Hibiscus sugar water on bread N10

Fiji veggie, ginger sauce, Chipotle ricerito  
after work, coconut smoothie juice. Ate white  
drinking.

Pain in abdomen from dryness, no food  
but too much held in.

Mental health been off.

Boundaries! E in hospital, synched 2 life  
after another dry-out-dry spell-dry try.  
Posts D on FB for some weird inspo,  
as if he needs a reminder... "I died text."  
(abusive to self)

I want to give up on giving up.  
I care about being cared about.  
I honor me.